

 ho do I call to
obtain any of these
services?

Sussex County Senior
Services, Inc. (CHEER)
302-854-9555

Christiana Care Visiting Nurse
Association

New Castle County
1-800-862-6204

Kent County
1-800-290-2800

Sussex County
1-800-322-4436

Home Health Services by TLC

New Castle County
302-322-5510

Kent/Sussex County
1-800-560-0114



CAREDelaware

Caregiver Assistance-Respite-Education

For more information on services:
Division of Services for Aging and
Adults with Physical Disabilities

Telephone: 1-800-223-9074

Internet: www.DSAAPD.com

E-mail: DSAAPDinfo@state.de.us

Respite Care Service For Delaware Caregivers



Caregiving together . . .



CAREDelaware

Caregiver Assistance-Respite-Education



**DELAWARE HEALTH
AND SOCIAL SERVICES**
DIVISION OF SERVICES FOR AGING AND
ADULTS WITH PHYSICAL DISABILITIES

Respite Care Service

Do you need a short-term break from your caregiving responsibilities? Would you like to find the time to ...

- *Participate in a leisure activity?*
- *Enjoy a short vacation?*
- *Address your own health needs?*
- *Attend a support group meeting?*



CAREDelaware offers you, the principal caregiver, a short-term break from the demands of ongoing care.

What is CAREDelaware?

CAREDelaware is a statewide program sponsored by DHSS' Division of Services for Aging and Adults with Physical Disabilities (DSAAPD) to assist families and informal caregivers caring for frail older persons as well as older relatives and grandparent caregivers caring for children. The program is funded by the Older Americans Act through the National Family Caregiver Support Program and is administered by the U. S. Administration on Aging.

CAREDelaware services in New Castle, Kent and Sussex Counties include: respite meals, information and assistance from experienced DSAAPD employees, respite care service, and helpful information about caregiving from community-based caregiver resource centers throughout Delaware.

For more information on CAREDelaware, contact DSAAPD at 1-800-223-9074, or www.DSAAPD.com, or e-mail: DSAAPDinfo@state.de.us.

What is respite care and what is available through CAREDelaware?

Respite care service programs give families and other caregivers temporary relief from providing care for frail older persons. Based on an individualized care plan, participating service providers offer caregivers' assistance with personal care (bathing, dressing, grooming), household duties (light housekeeping, laundry and meal preparation) and companion service in the home. Some providers offer overnight nursing home care as well.

Respite care service may be:

- *In-home short term respite – relieves caregiver to rest or leave the house for short periods of time.*
- *In-home daily respite – relieves caregiver who wants to be away for more than eight hours up to a maximum of 72 hours.*
- *Nursing home respite – provides care in a long-term residential facility on a temporary basis.*

Who is eligible?

A family member or other individual who provides on-going care to an older person who is 60 years of age or older is eligible. On-going care includes providing or arranging for personal care, other activities of daily living (bathing, feeding, dressing, transferring) as well as assisting with shopping, housekeeping, etc. The caregiver is not required to live with the frail older person, but should be providing substantial, hands-on care on an almost daily basis.

Is there a charge for this service?

Yes. There is a sliding scale charge for respite care services based on the family income of the care recipient (older person).